

Build your own bliss balls

This handy, healthy snack is great for when you're on the go and can be tailored to suit any taste. Simply start with a base of your choice of nuts, then add your preferred flavour, sweetness and coating to create your own delicious bliss balls



Healthy kitchen tip
Store bliss balls in an airtight container in the fridge for up to 1 week, or freeze for up to 1 month.



Step 1

Choose your favourite nut and/or nut meal (or a combination) as a base and add coconut and dates.

Step 2

Process your chosen base ingredients in a food processor until mixture forms a thick paste.

Step 3

Take 2 teaspoons of mixture, roll into a ball and place on a plate. Repeat with remaining mixture.

Step 4

Gently roll balls in your choice of coating, then cover and place in fridge until firm.

Mix & match bliss balls

Makes 20-25 balls

BUILD A BASE

Process in a food processor until mixture forms a thick paste:



100g nuts or nut meal (natural or toasted hazelnuts, almonds, cashews, pistachios, or a combination)

OR



50g desiccated coconut

OR



12 fresh dates, pitted

BOOST THE FLAVOUR

Flavour with one or more:



1 tbs finely grated lemon or orange rind

OR



2 tsp vanilla extract

OR



2 tbs cocoa powder

ADD SOME SWEETNESS

To make balls a little sweeter add:



1 tbs maple syrup

OR



1 tbs hazelnut spread

OR



1 tbs melted chocolate

CHOOSE A TOPPING

Roll 2 tsp mixture into a ball and coat in one of the following:



1 tsp cocoa powder

OR



1 tsp cinnamon

OR



2 tbs desiccated coconut



@feedmehealthy_annavandyken
Discover more recipes from WW member Anna Van Dyken by following her on Instagram, and create your own recipes via the recipe builder in the WW App.



Anna's lemon & matcha pistachio bliss balls

serves: 25 prep: 15 minutes + chilling



- 100g pistachio nut kernels
- 75g raw cashews, toasted
- 12 fresh dates, pitted
- 2 tsp matcha powder
- 1 tsp vanilla bean paste
- 1 tbs coconut oil
- 1 tbs finely grated lemon rind
- 2 tbs desiccated coconut
- 2 squares (14g) white or dark chocolate, melted

- 1 Process 70g pistachios with cashews, dates, matcha, vanilla, oil, rind and coconut in a food processor until mixture forms a thick paste.
- 2 Finely chop remaining pistachios. Roll 2 teaspoons of mixture into a ball. Repeat to make 25 balls. Place balls on a plate and drizzle with melted chocolate. Sprinkle with chopped pistachios. Cover and chill in fridge until firm.

2 SmartPoints value per ball

Anna's chocolate hazelnut bliss balls

serves: 25 prep: 15 minutes + chilling



- 1½ cups (150g) hazelnut meal
- 12 fresh dates, pitted
- 1½ tbs cocoa powder
- 65g chocolate hazelnut spread
- 1½ tbs maple syrup
- 2½ tbs desiccated coconut

- 1 Process hazelnut meal, dates, cocoa, hazelnut spread, ½ teaspoon salt and maple syrup in a food processor until mixture forms a thick paste.
- 2 Place coconut on a plate. Roll a tablespoon of mixture into a ball. Repeat to make 25 balls. Roll balls in coconut to coat and place on a plate. Cover and chill in fridge until firm.

2 SmartPoints value per ball

Anna's lemon raspberry bliss bombs

serves: 20 prep: 15 minutes + soaking & chilling



- ½ cup (75g) raw unsalted cashews
- 1¼ cups (100g) desiccated coconut
- ½ cup (70g) fresh raspberries
- 1 tsp coconut oil, melted
- 2 tbs maple syrup
- 3 tsp finely grated lemon rind
- 1 tbs coconut flour

- 1 Place cashews in a medium bowl. Cover with cold water and set aside to soak for 2-3 hours. Drain.
- 2 Process cashews, 1 cup (80g) coconut, raspberries, coconut oil, maple syrup, rind and flour in a food processor until mixture forms a thick paste. Add 1-2 teaspoons water, if necessary, to bring mixture together.
- 3 Place remaining coconut on a plate. Roll 2 teaspoons of mixture into a ball. Repeat to make 20 balls. Roll balls in coconut to coat and place on a plate. Cover and chill in fridge until firm.

2 SmartPoints value per ball

Anna's salted date & almond butter bliss balls

serves: 25 prep: 15 minutes + chilling



- 1 cup (160g) unsalted dry roasted almonds
- 12 fresh dates, pitted
- 2½ tbs cocoa powder, plus 1 tsp extra
- 70g almond butter
- ½ tsp ground cinnamon
- 1½ tbs maple syrup

- 1 Process almonds in a food processor until finely chopped. Add dates, cocoa, almond butter, ½ teaspoon salt, cinnamon and maple syrup, and process until mixture forms a thick paste.
- 2 Roll 2 teaspoons of mixture into a ball. Repeat to make 25 balls and place on a plate. Cover and chill in fridge until firm. Dust with extra cocoa to serve.

2 SmartPoints value per ball